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Stress Solution

Rachel Frank PhD



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The 10-Step Stress Solution Neil Shah, 2013-12-26 As seen on TV's Dr Oz Show A simple straightforward guide to managing the daily stress in your life Too busy to get everything done Lie awake at night worrying and fretting It is all too easy to feel out of control in the modern world With so many demands on your time you can feel overstretched and overburdened However there are easy ways to gain control and banish your worries for good This accessible book from Neil Shah of the Stress Management Society offers a simple 10 step plan with practical solutions for regaining control of your life Find out how to Manage your time at work and at home Improve your concentration and motivation Regain your balance and lift your mood Get a good night's sleep and stop worrying

The Natural Stress Solution Rachel Frank PhD, 2015-03-17 Simple 5 Week Plan for Stress Relief and Prevention Are you part of the 70% of Americans that stressed and sick of it The American Psychological Association found that stress is a leading cause of many chronic diseases including high blood pressure and cardiovascular diseases While stress is a part of most American's lives being caused by work money relationships family and health only 30% of Americans believe they are effectively managing stress In this book Holistic Health Counselor Dr Rachel Frank teaches you the program she uses with her health coaching clients Imagine Managing stressful event with ease so you can keep calm and move on Reducing your blood pressure and risk for cardiovascular disease Learning how to be happy with yourself Finally getting amazing restful sleep and waking up refreshed and alert Reducing your stress without taking medications or paying for costly doctors visits Taking your health and wellbeing into your own hands and SUCCEEDING Anyone can be stress free Dr Rachel will teach you what stress is the two types of stress the health impact of stress 5 stress management techniques you can do NOW at home and provide a week by week plan for implementing those techniques and the stress reduction workbook format laid out for you to make stumbling on happiness easy to do You will learn meditation the relaxation response the law of attraction how food impacts mood developing a successful sleep strategy and how to use aromatherapy for yourself Learn a variety of natural stress relief techniques You will learn meditation the relaxation response the law of attraction how food impacts mood developing a successful sleep strategy and how to use aromatherapy for yourself Join Dr Rachel and her clients in taking control of the stress in your life using the 5 week training program in *The Natural Stress Solution* today Get your copy today Scroll up and Click Add to Cart

The 10-Step Stress Solution Neil Shah, 2012-12-06 Do you feel overwhelmed by work or life in general Having trouble coping with too many demands on your time and energy Well you're not alone Britain is currently suffering from a stress epidemic A staggering 1 in 4 employees are said to suffer from stress and it is listed as the no 1 reason for workplace absence in the UK Luckily for us Neil Shah at the Stress Management Society is here to help With a fantastic 10 step plan he offers simple and practical solutions for reducing your stress levels so you can manage your life and breathe a sigh of relief Find out how to manage your time at work and at home achieve work life balance and lift your mood improve

your concentration and motivation get a good night's sleep and stop worrying

The STRESS SOLUTION Jim Miller, 2016-04-09 In an effort to combat America's most pervasive health problem the team of the Biobehavioral Institute in Boston presents an action plan of scientifically proven techniques to help minimize stress from your life Everyone suffers from the stress of personal social job financial and family pressures so much so it can literally make you sick The Stress Solution is a unique program from Boston's prestigious Biobehavioral Institute that demystifies stress and shows you how to minimize its harmful effects You may not be able to eliminate stress from your life but this guide will help you manage it immediately and effectively Administered to thousands already this guide contains a variety of stress reducing techniques that can apply to everyone's needs and help take control of stress in every area of life **Report** United States. National Advisory Committee for Aeronautics, 1937

Stress Solutions for Pregnant Moms Susan Andrews, Ph.D., 2012-05-08 In this cutting edge work neuropsychologist Dr Susan Andrews shows why too much stress during pregnancy can increase the risk of childhood problems and how you can stay in balance and boost your baby's potential with simple effective stress solutions As Stress Solutions for Pregnant Moms shows managing stress could be just as important to your child's health as avoiding smoking and alcohol while pregnant Emerging new evidence is now linking too much stress during pregnancy to a higher risk for childhood emotional physical and behavioral problems including preterm birth ADHD and learning disabilities Not all stress of course is bad The problem comes when we fail to recognize that the buildup of pressure and tension is tipping us into a danger zone In Stress Solutions for Pregnant Moms the first book of its kind Dr Susan Andrews provides effective and easy to use solutions to help pregnant women everywhere quickly measure and gently manage their stress levels Self assessments to discover your daily stress levels Checklists of warning signs of too much stress A simple formula to calculate exactly how much relaxation and stress reduction you personally need each day to keep your body in balance A resource guide filled with more than 30 techniques to relax and lower dangerous cortisol levels allowing you to reduce wear and tear on your body and boost your baby's potential for physical and emotional well being An indispensable handbook for every mother to be Timely practical and empowering DANIEL G AMEN MD author of Change Your Brain Change Your Life and Healing ADD Stress Solutions for Pregnant Moms is simply brilliant By understanding the lifelong impact of excess stress on her baby and knowing exactly how to alleviate it this book gives pregnant women everywhere the ability to provide the best possible start for their children CHRISTIANE NORTHRUP MD author of Women's Bodies Women's Wisdom and The Wisdom of Menopause Be at ease Susan Andrews shows us why knowing about stress is an essential key in creating harmony and health during a mother's journey She provides tips and exercises that will improve your day DON CAMPBELL author of The Mozart Effect and Healing at the Speed of Sound

The Women's Guide to Stress Relief in 7 Easy Steps Deborah Mitchell, Deborah R. Mitchell, 2013-10-29 Describes the ways in which stress affects women discusses the health problems it can cause and offers stress management techniques to achieve a calmer happier and healthier life College Stress

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